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BACK IN 'BLACK'

Adrienne C. Moore gets us ready for 'OITNB' season 6. 22-23

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5 THINGS TO KNOW

WELCOME TO METRO PHILLY

SAM NEWHOUSE, REPORTER

Two longtime animal advocates in the Philly area are joining forces to save even more animals. Main Line Animal Rescue, a two-decade-old group with a 60-acre farm in Chester County, is now pursuing affiliation with the PSPCA, they will announce today. In a Metro exclusive, leaders from both groups discuss how joining forces will help them cut costs and redirect resources to where it really matters – the animals. Read all about it inside and on **metrophilly.us.**

1 GA LAWMAKER WHO USED RACIAL SLURS RESIGNS

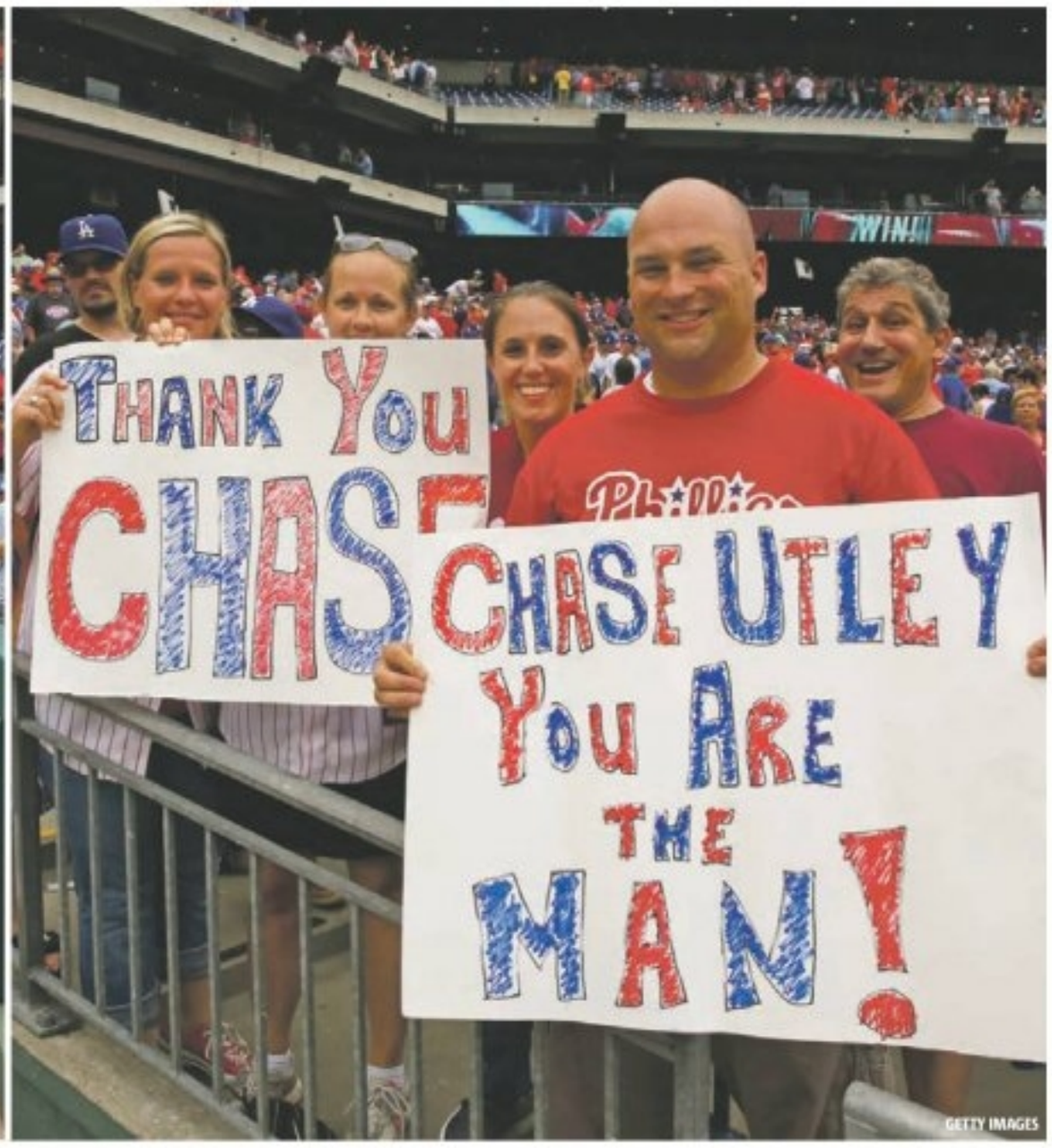
A Georgia state lawmaker who yelled racial slurs and dropped his pants on a prank cable TV show offered a terse resignation letter to the speaker of the Georgia House of Representatives late Tuesday. Fellow Republicans had called on state Representative Jason Spencer to resign after his appearance on shock comedian Sacha Baron Cohen's "Who is America?" where he slurred African-Americans, Middle Easterners and Asians at the urging of a character played by Cohen. The series, in which a disguised Cohen interviews subjects who do not realize they are working with a comedian, also features a congressman supporting the idea of arming children as young as three to stop school shootings and former Vice President Dick Cheney signing a jug described as a "waterboarding kit." In the episode that Spencer appeared in, a disguised Cohen presented himself as an Israeli anti-terrorist expert. After airing Sunday night, the video went viral on the internet. "This email/letter is to serve as an official resignation notice to your office that I will be resigning my post effective July 31, 2018," Spencer said in a statement.

2 TRUMP'S HOLLYWOOD STAR VANDALIZED

A man with a pickaxe vandalized U.S. President Donald Trump's star on the Hollywood Walk of Fame early on Wednesday and later surrendered to police, a spokesman for the Los Angeles Police Department said. "A pickaxe was used in vandalizing the star" embedded in the sidewalk near Hollywood Boulevard and Highland Avenue in Los Angeles at about 3:30 a.m., Sergeant Ray Brown of the LAPD said by telephone. Installed in 2007, Trump's star has been frequently vandalized since he was elected president in 2016. The suspect, 24-year-old Austin Clay, was in custody at the Los Angeles County Jail on a charge of felony vandalism with a bail of $20,000, jail records showed. As pedestrians walked by the site, in an area popular with tourists, Gregg Donovan, 58, of Los Angeles, stood by with a "Trump 2020" sign, saying he was protecting it from further damage. "It's a California landmark," Donovan said. "Don't take your anger out on a tourist landmark." The star was nearly completely destroyed, and there was graffiti scrawled on it.

3 UTLEY TIPS HIS HAT TO PHILLIES FANS

Chase Utley of the Los Angeles Dodgers acknowledges the fans for supporting him during his career as a Philadelphia Phillie after Wednesday's game against the Phillies at Citizens Bank Park.



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4 LANDSLIDES, FLOODS KILL 5 KIDS IN BANGLADESH

Heavy monsoon rains triggered landslides and flooding in southeastern Bangladesh on Wednesday, killing five children and forcing a thousand people to relocate, including in the Rohingya refugee camps. The children were killed in landslides near Cox's Bazar and Ramu, said Kazi Abdur Rahman, a senior Bangladesh government official in the area. Three more people were injured and taken to a hospital and a thousand were evacuated. It was not immediately clear how many Rohingya refugees were relocated. Aid agencies have warned that the monsoon, which typically peaks in July, could threaten many thousands of people. "A number of families were moved due to flooding and minor landslides," said Abul Kalam, the Bangladesh government official in charge of the refugees. "The rain shows no sign of stopping but there has been no major catastrophe inside the camps," he said. The UNHCR and IOM were also unable to immediately provide figures.

5 YOSEMITE CLOSES KEY VISITOR AREAS AS FIRE RAGES

The heart of Yosemite National Park was closed on Wednesday as a fierce wildfire burning just to the west jumped fire lines overnight, pouring thick smoke into the valley and forcing visitors to pack up camp and flee. Heavy black smoke from the Ferguson Fire, which erupted on July 13 in the Sierra Nevada Mountains some 170 miles east of San Francisco, prompted park officials to shut down the main visitor hub of Yosemite Valley as well as Wawona and Mariposa Grove. "Basically all the smoke is funneling into that valley and being held down by the inversion layer," U.S. Forest Service spokesman Jim Mackensen said, referring to the atmospheric condition that prevents warmer air and smoke from rising. The smoke reduced visibility and posed health risks to visitors in the popular tourist destination as well as park employees, Mackensen said. The Ferguson, burning in steep, rugged terrain at the western edge of the park that has proven difficult for crews to access, killed firefighter Braden Varney on July 14 when the bulldozer he was using to cut containment lines overturned in a ravine.

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Main Line Animal Rescue aims to become PSPCA affiliate

EXCLUSIVE

Main Line Animal Rescue will become an official affiliate of the PSPCA, strengthening both organizations' work.

SAM NEWHOUSE
sam.newhouse@metro.us

To better protect our furry friends, two Philly-area animal welfare organizations are planning to join forces. Main Line Animal Rescue, a 20-year-old animal rescue based in Chester County, is moving toward becoming an official affiliate of the PSPCA, officials from both organizations announced today.

"Our mission dovetails with the PSPCA's mission," said Main Line Animal Rescue [MLAR] interim executive director Susan Chew. "We just felt now was the time."

The PSPCA, originally founded in 1867 to protect working horses, is continuing to operate as a 100 percent donor-funded animal welfare organization with shelters and hospitals in North Philly, Danville, Fishtown and in Lancaster County, as well as a team of Humane Law Enforcement officers working to protect animals in 23 counties.

"A lot of the animal welfare organizations work together in some way," said PSPCA CEO Julie Klim. "We have so many commonalities that we just knew this would be a good fit.

Both organizations' boards have approved MLAR becoming a PSPCA affiliate. The process still requires passing a few legal hurdles. Leaders said the animal communities they serve won't lose out due to the change, but may start to see some gains.

Charlie, a rescue dog, at Main Line Animal Rescue's 60-acre farm, which soon may be accessible to Philly dogs as MLAR pursues a PSPCA affiliation. COURTESY OF MLAR

"A lot of the animal welfare organizations work together in some way."
PSPCA CEO Julie Klim

From the PSPCA perspective, they can start sending dogs struggling with kennel life out to MLAR's 60-acre farm, where dogs have access to training classes and can run. For MLAR, they will have access to PSPCA vets, and possibly be able to expand the veterinary services they offer.

"We can operate more cheaply by combining forces and be able to put more money toward the animals," Klim said, noting that medicines, foods and other supplies would cost less when purchased in larger quantities.

Main Line Animal Rescue was founded some 20 years ago by former executive director Bill Smith, originally with the intent of stopping rampant puppy mills in the region. Smith left his position in 2017 and went on to found 1Love4Animals.

For the PSPCA, which has in recent years expanded to its new Fishtown Center, and taken over the Lancaster SPCA, the new affiliation with MLAR is the latest in a series of positive steps including the No Kill Philly coalition created with the PSPCA, ACCT Philly (Animal Care & Control Team) and the Philadelphia Animal Welfare Society (PAWS).

In June, ACCT Philly reported a 90 percent life-saving rate for strays found around Philly, meeting the threshold for a "no-kill" shelter. Klim credited that to the coalition's efforts in cooperatively working to adopt out strays.

"You used to hear that Philadelphia wasn't an area where people were always particularly collaborative," Klim said. "What's great about this affiliation with Main Line and the coalition is that we're at a place now where we're all working together."

BY THE NUMBERS

MLAR currently has some 175 animals in its care: approximately 115 dogs, 50 cats and three rabbits.

In 2017, they reported:
Intake of 565 cats, dogs, rabbits and other animals.
640 adoptions
985 wellness visits
9,133 core vaccinations
874 spays/neuters
1,524 animals treated in shelter hospital

PSPCA at any given time is caring for roughly 500 animals, although the number currently is a bit higher due to an influx of bunnies. In 2017, they adopted out 5,000 animals to "forever homes."

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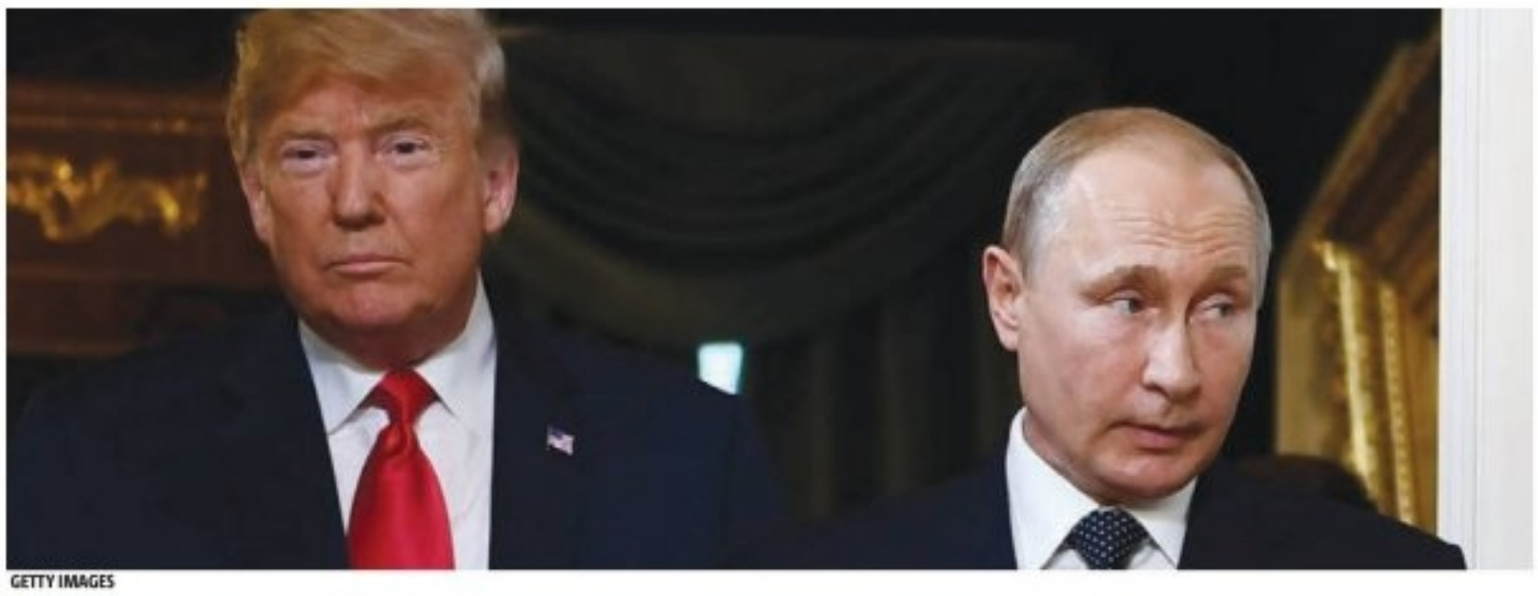

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After criticism, Trump delays second Putin meeting to next year

The president now says he'll wait until the Russia probe is over.

President Donald Trump will postpone a second meeting with Russian President Vladimir Putin until next year after the federal probe into Russian election meddling is over, national security adviser John Bolton said on Wednesday.

Trump said last week he would invite Putin to Washington for an autumn meeting, a daring rebuttal to fierce criticism over their summit in Helsinki, in which he appeared to give credence to the Russian leader's assertion that Moscow did not interfere in the 2016 U.S. presidential election.

The invitation sparked a new outcry, including from lawmakers in Trump's Republican party, who argued that Putin is an adversary not worthy of a White House visit and that they still did not know what the leaders had discussed during their two-hour, one-on-one meeting.

"The president believes that the next bilateral meeting with President Putin should take place after the Russia witch hunt is over, so we've agreed that it will be after the first of the year," Bolton said in a statement.

U.S. intelligence agencies have concluded that Moscow interfered to sway the vote toward Trump, and Special Counsel Robert Mueller is investigating whether Trump's campaign worked with the Russians.

Trump rejected the criticism sparked by his Helsinki news conference with Putin and said he misspoke in a series of flip-flops over the summit. He then abruptly issued the invitation to Putin.

Reflecting the unease among U.S. lawmakers, House of Representatives Speaker Paul Ryan and Senate Majority Leader Mitch McConnell said on Tuesday that Putin would not be invited to address Congress or visit the Capitol if he accepted Trump's invitation.

"The president believes that the next bilateral meeting with President Putin should take place after the Russia witch hunt is over, so we've agreed that it will be after the first of the year."
John Bolton

The Kremlin said this week that although Washington and Moscow agreed there was a need for another Putin-Trump meeting, Russia had not yet begun any practical preparations for a new meeting.

"There are other options [to meet] which our leaders can look at," aide Yuri Ushakov told reporters, citing a meeting of G20 leaders in Argentina which starts at the end of November.

Trump has repeatedly called Mueller's probe into meddling in the 2016 election a "witch hunt," a claim that he repeated in a tweet the same day he met with Putin in Helsinki.

REUTERS

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Trump says 'too bad' after Cohen audio recording released

President Donald Trump on Wednesday expressed disbelief that his longtime personal lawyer Michael Cohen would have taped conversations with him, a day after an audio recording of a conversation between the two men was aired on U.S. television.

A lawyer for Cohen, Lanny Davis, released the recording of Trump and Cohen discussing paying for the rights to a Playboy model's story about an alleged affair with Trump and it aired on CNN on Tuesday Night.

"What kind of a lawyer would tape a client?"
Donald Trump

Government watchdog group Common Cause has said that the proposed payment benefited Trump's presidential election campaign and the failure to document it was potentially illegal.

Some legal experts, however, say that if the payment was made for personal reasons, it would not run afoul of federal election laws.

Under U.S. election law, presidential candidates must disclose expenses, loans and campaign contributions, which are defined as things of value given to a campaign in order to influence an election.

Trump lawyer Rudy Giuliani has said the proposed payment was a personal matter and not subject to campaign finance law.

Before the election, Trump's campaign denied any knowledge of payment to McDougal, but the taped conversation could undermine those denials.

"What kind of a lawyer would tape a client? So sad! Is this a first, never heard of it before? Why was the tape so abruptly terminated [cut] while I was presumably saying positive things? I hear there are other clients and many reporters that are taped - can this be so? Too bad!" Trump wrote in a post on Twitter.

Davis told CNN he released the tape to dispute an assertion by Giuliani that the tape would show that Trump made clear that if there were going to be a payment, it should be done by check, which would be easily traced. Giuliani has said the payment was never made.

In the recording, Trump can be heard saying "pay with cash." Cohen counters by repeatedly saying, "No."

According to Giuliani, in his transcript of the recording, Trump says on the tape: "Don't pay with cash. Check."

Reuters was unable to verify the entire exchange between the two men because of the poor sound quality of the recording. Davis and Giuliani did not respond to a request for further comment.

In an interview with ABC News, Davis disputed Giuliani's characterization of the call and said the method of payment was beside the point.

"It's not about cash versus noncash. It's about truth," Davis said on "Good Morning America" on Wednesday.

The debate over whether Trump was advocating for payments via cash or check is "irrelevant" in determining whether he violated campaign finance laws, said Joshua Douglas, a professor of election law at the University of Kentucky.

"The question is whether the payment was intended to affect the campaign," Douglas said.

Common Cause says the tape bolstered their argument that Trump knew about the payment and that it was potentially illegal.

"Denials and tweets in all caps do not make campaign finance violations go away," said Karen Hobert Flynn, president of Common Cause.

But Bradley Smith, a professor at Capital University Law School and former chairman of the Federal Election Commission, said that Trump could have considered making the payment for reasons unrelated to the election.

"People in Trump's position have all kinds of reasons for making these kind of payments, like family harmony or retaining commercial viability," said Bradley Smith, a professor at Capital University Law School and former chairman of the Federal Election Commission.

Karen McDougal, the model, alleges she began a 10-month affair with Trump in 2006. Giuliani denies that Trump had an affair with McDougal.

Davis said the tape is among audio recordings that were seized by the FBI in a raid of Cohen's home and office in April. It was turned over to federal prosecutors last Friday, according to a filing in federal court in Manhattan on Monday.

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Business educator Carol Sanford speaks about subjects including her latest book, "The Regenerative Business," at CityCoHo on July 24. SAM NEWHOUSE

Regenerative Business author discusses 'world-changing' new approach

Carol Sanford, author of The Regenerative Business, shared her views on how disruptive, innovative businesses can grow.

SAM NEWHOUSE
sam.newhouse@metro.us

As a business educator, Carol Sanford, author of "The Regenerative Business," has helped businesses and corporations post gains in profitability of more than 30 percent.

She works on building critical thinking skills and personal development, and using "living-system" thinking to reconceptualize how business are run and see their own roles. But that does not make her a sustainability advocate or environmentalist.

"I don't have a problem with sustainability, it's just a different thing than regeneration," Sanford said during a discussion hosted at the CityCoHo coworking business on July 24. "It's all based on doing less harm. ... and you can never get to zero harm."

Other positive sounding ideas, like "doing good," also can fall woefully short of the mark, Sanford said.

Understanding the "regenerative" lens is easier said than done, but during her talk, Sanford explained how viewing everything, including businesses, as "living systems," and looking for the "essence" of employees, customers and products can help business leaders find innovative, disruptive new ways to succeed.

"Regeneration is based on everything is unique, it cannot be certified, it cannot be written into standards, into procedures," Sanford said.

Sanford's methods have proven successful for corporations ranging from major names like Google, Intel, Procter & Gamble and DuPont to plant-based cleaning product company Seventh Generation and Numi Tea.

Working with Colgate-Palmolive in Europe, the Carol Sanford Institute reported huge success — 20 percent reductions in operating costs, systemwide productivity improvement of 45 percent and top line growth, including market share growth up to 50 percent in some cases.

All this success is based on working with a regenerative approach, which engages in Living-Systems processes and moves away from standard business approaches that Sanford said are based on archaic structures.

"We have hierarchies, and we can't even conceive how to make a business work without the hierarchy," Sanford said, criticizing companies that treat people like machines, while attempting to use incentives and performance reviews to achieve their goals.

"Regeneration is based on everything is unique, it cannot be certified, it cannot be written into standards, into procedures."

Carol Sanford

"Reviews are toxic when they are other people's opinions of you and what you should do, because they work against personal agency," she said. "It turns out 90 percent of feedback that is given to people is a projection."

As she put it. the regenerative view, and the developmental view for individuals, can apply not just to businesses, but to human communities and societies as well, she said.

"The developmental view believes each of us was born uniquely. We have an essence," she told attendees. "We never spend any time understanding your essence and your essence and your essence and yours. You are treated as though you are a generic human being like all other humans."

"This way of working with human beings changes what they can do in the world."

To learn more, visit CarolSanford.com.

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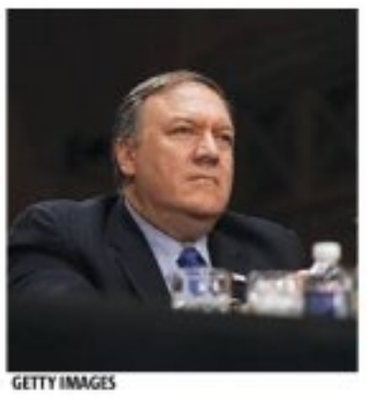
Under fire in Congress, Pompeo defends Trump's Putin summit

Pompeo did say he was briefed on the president's one-on-one with Putin.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Secretary of State Mike Pompeo on Wednesday vigorously defended President Donald Trump's foreign policy actions as senators from both parties denounced Trump's behavior, particularly at his recent summit with Russia's Vladimir Putin.

Pompeo faced tough questioning from Democrats and Republicans during testimony before the Senator Foreign Relations Committee about Trump's failure to hold the Russian president accountable for Moscow's meddling in the 2016 U.S. election at their meeting in Helsinki last week.

"I have tremendous faith in you, I think you're a patriot ... but it's the president's actions that create tremendous distrust in our nation," the committee's Republican chairman, Bob Corker, told Pompeo.

"Is there some strategy behind creating doubt in U.S. senators' minds, on both sides of the aisle, doubt in the American people as to what his motivations are?" added Corker, a frequent critic of Trump.

Corker also criticized comments by Trump that North Korean leader Kim Jong Un was "very talented" and that "he loves his people," given the country's serious human rights abuses. "Really?" Corker said.

Pompeo said he had been comprehensively briefed on Trump's one-on-one meeting with Putin, who U.S. intelligence agencies said knew about Russia's meddling in the election.

Putin has said no such interference occurred and Trump has denied there was any collusion between his campaign and Moscow. The matter is under investigation by U.S. Special Counsel Robert Mueller.

In often testy exchanges with senators, Pompeo listed actions by the Trump administration against Russia, including what he said were over 200 sanctions against Moscow. REUTERS

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Overheated car deaths are hitting record numbers in 2018

It's not easy stopping this terrifying trend.

MEAGAN MORRIS
letters@metro.us

Hot car deaths claim an average of 37 children per year, but 2018 is shaping up to be the worst.

As of July 22, there have been 28 confirmed hot car deaths involving children — and three more deaths are attributed to hot cars, though autopsy reports are not yet completed.

That's more hot car deaths by this point than any other year in history.

"We always see an increase in child injuries and deaths this time of year," KidsAndCars.org president and founder Janette Fennell said in a statement.

"It is devastating to know that there are families all across America right now holding their precious babies, unaware that they will lose them in a hot car this summer. But, these children don't have to die. Parents and caregivers have the power to make sure that this doesn't happen to them."

"Don't think for one moment that only a monster would do this," Kristie Reeves told ABC News of hot car deaths. She lost her daughter, Sophia Rayne "Ray Ray" Cavaliero, in 2011 after her father forgot to drop her off at daycare before going to work.

"I get why people dismiss it. It's easier as parents than to accept the truth that your memory can fail you in times of stress, in times of chaos," she said. "That's terrifying that your own mind can fail you with something so precious, your bundle of joy."

37

Hot car deaths claim an average of 37 children per year.

But it does happen — and it's not as uncommon as many people think.

"We have a brain system that allows us to operate on autopilot," David Diamond, a professor at the University of South Florida, told the Tampa Bay Times.

"People hate when I compare forgetting children to forgetting other things, but the process is the same," he said. "As hard as it is to appreciate, we lose awareness of children as easily as we lose awareness of other things."

And children's bodies heat up much faster than adult bodies, making it easier to experience — and succumb to — vehicular heatstroke.

PREVENT HOT CAR DEATHS WITH A SIMPLE CHECKLIST

The prevalence of hot car deaths is why organizations like KidsAndCars.org recommend following the "Look Before You Lock" safety checklist every time you get out of the car.

—Make a routine of opening the back door of your car to check that nothing — and no one — is left behind.

—Put something you need (like your purse, wallet or cell phone) in the back seat so you don't forget it.

—Ask childcare providers or schools to call if a child hasn't been dropped off as expected.

—Keep a stuffed animal in the car seat and put it in the front passenger seat as a reminder that your child is in the car seat.

Also, not all hot car deaths happen as a result of forgetting a child in the car. Children can get locked inside a parked car, too. You can cut down on that risk by:

—Keeping vehicles locked at all times, even when in the garage or in the driveway — and even if you don't have kids.

—Never leave keys or remote openers in reach of children.

—Check the car and trunk first if a child comes up missing.

Do whatever you can to help prevent a tragedy, because as Reeves said, it can affect the rest of your life.

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Water rescues, flooded roads as rains hammer US mid-Atlantic

GETTY IMAGES

Rescuers pulled people from inundated cars on flooded streets near Baltimore on Wednesday as heavy rain soaked the U.S. mid-Atlantic coast for a fifth day, swelling rivers, closing roads and imperiling homes.

Heavy rains fell overnight from central New York state south through eastern North Carolina, where the National Weather Service forecast that a fresh round of downpours could cause more flooding. Eastern Virginia and Pennsylvania were also hard hit.

Emergency workers around Baltimore pulled people from at least three vehicles stuck in floodwater as deep as 3 feet, Baltimore County's Police and Fire Department said on Twitter.

"NEVER go into flood waters," the National Weather Service's Weather Prediction Center said on Twitter. "It doesn't take much water to sweep away a person or vehicle, and water can damage or wash away the underlying road — creating unseen hazards."

Authorities closed highways and roads in parts of Maryland, Pennsylvania and Virginia because of flooding.

"With the rainfall we have seen over the last week, the ground is very saturated, so any additional rainfall we receive, especially heavy, really has nowhere to go, resulting in flooding," said National Weather Service meteorologist Brandon Fling.

Up to 14 inches of rain has fallen along the U.S. East Coast since Saturday, swelling waterways well above flood levels.

Local news video showed water streaming into homes and businesses in some places and reaching the tops of automobiles as rescue crews worked to save motorists.

"It just happened out of nowhere, and next thing my car was just shut off, and I'm like, 'What do I do now?'" Zachary Reichert told NBC News after being rescued from his flooded Jeep in Schuylkill County, Pennsylvania. "I can't swim in the first place, so I wasn't jumping into those waters."

"It doesn't take much water to sweep away a person or vehicle, and water can damage or wash away the underlying road — creating unseen hazards."

National Weather Service's Weather Prediction Center

Hersheypark, the Pennsylvania amusement park, said it would be closed on Wednesday after the town surrounding it issued a disaster declaration. It also was closed on Monday.

Airports in New York and Philadelphia reported delays of more than an hour, according to Federal Aviation Administration.

The downpours were expected to continue as at least a chance of rain was in the forecast for the area for several more days.

Separately, parts of northwestern Colorado were drenched with rain on Wednesday morning, where officials warned of flash flooding and debris in an area recently scarred by wildfires. REUTERS

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Uber riders say they're victims of 'vomit fraud' and it's hurting their wallets

Some drivers are charging riders with Uber cleaning fees for incidents that apparently never happened.

MEAGAN MORRIS
letters@metro.us

The Uber cleaning fee is one way to protect drivers — and their cars — when riders get sick or have an accident. But a growing number of Uber passengers are saying they are the victims of vomit fraud, all thanks to unscrupulous drivers wanting to make a few extra bucks off their fares.

Miami resident Andrea Pérez said that happened to her last year when she called an Uber.

"I requested an Uber from Wynwood to the Edgewater area. At one point the driver told me a road was closed and that he could drop me off near my destination to avoid an extra charge. I agreed and got off," she told the El Nuevo Herald.

"But every new email from Uber came from a different representative and always favored the driver."

Miami resident Andrea Pérez

GETTY IMAGES

Then she received notification of an Uber cleaning fee — to the tune of $98 — along with a photo of vomit on the seat of the SUV she rode in.

"I immediately contacted Uber through the app. I told them that I was alone, sober, that I was not carrying any drinks and that it was impossible for me to have caused that damage," she told the newspaper. "But every new email from Uber came from a different repre-

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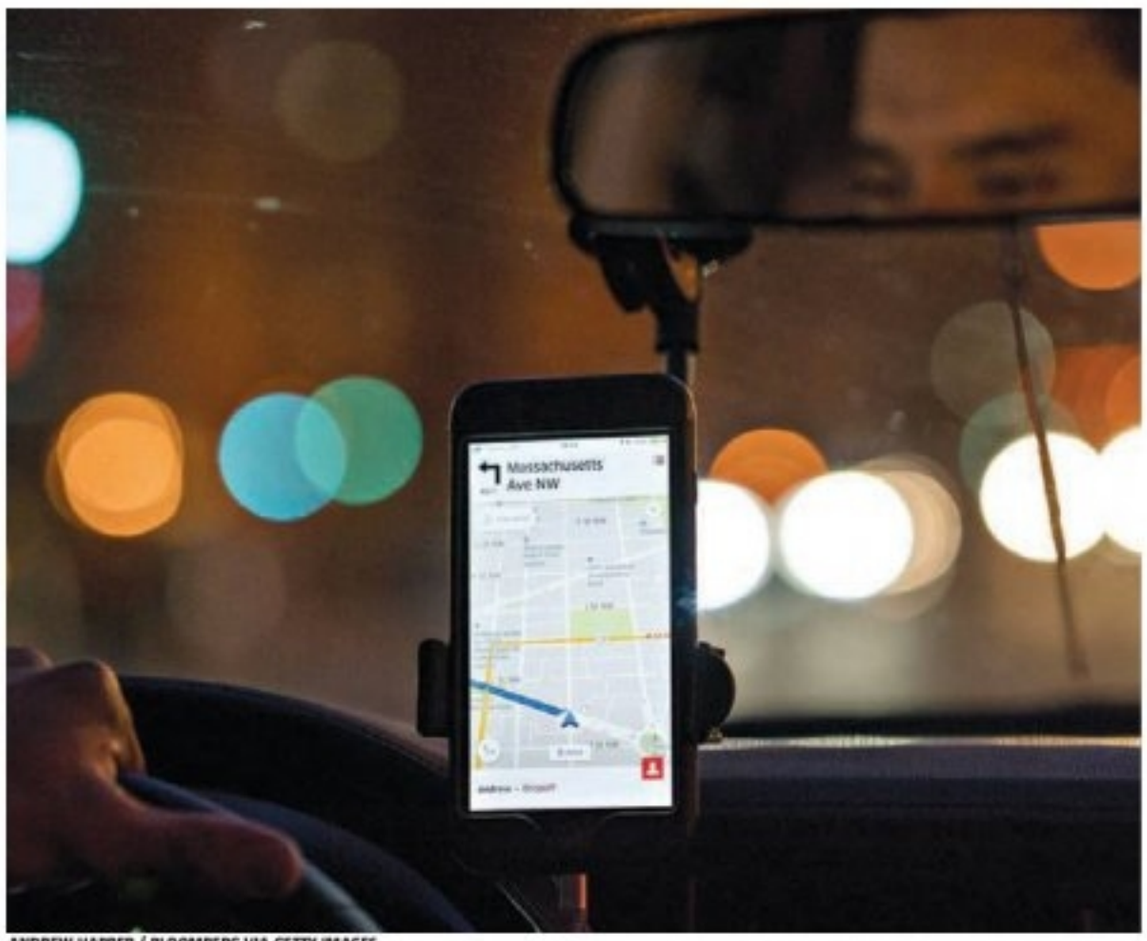

ANDREW HARRER / BLOOMBERG VIA GETTY IMAGES

sentative and always favored the driver."

Uber cleaning fee fraud is widespread, some customers say. Besides Perez, another Miami man, William Kennedy, said he was charged an Uber cleaning fee twice in one night for allegedly vomiting in two vehicles — something he said he didn't do.

"It was a total fraud by two different drivers. They have everything planned for the fraud," Kennedy told the Miami Herald. Eventually he was reimbursed for the $300, but Perez wasn't so lucky with her extra charge.

Stories of vomit fraud have popped up around the country over the past few years, including in New York, Los Angeles and Tampa, Florida. The Tampa driver was eventually fired for faking the incident to get the Uber cleanup fee.

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EDUCATION GUIDE

Join the healthcare industry as an *athletic trainer*

The Athletic Training Program offered at Jefferson College is helping students enter this growing industry.

PAT KING
patrick.king@metro.us

ISTOCK

Would you say that you are an "active" person who wants to work in healthcare? Maybe I need to explain this better. Do you consider yourself to be a healthy and athletic person who enjoys going to the gym or working with people who are injured? If you are, then maybe you should consider a career as an Athletic Trainer.

Right now, there are many schools that provide degrees for these careers in their health sciences, exercise science or kinesiology departments. Right now, you may consider fitness and health as your hobby. But, if you can get paid to do what you love — why not go for it?

As it turns out, finding a good paying career in this industry has never been more in demand.

Go to school to become an athletic trainer

If there is one thing that people can agree on in terms of the job market, it is that people can count on the availability of careers in the health industry. According to a report by the United States Bureau of Labor Statistics, the average salary for an athletic trainer is $46,630. The Bureau also predicted that this industry will increase 23 percent from the years 2016 to 2026 which means that the need for these positions will increase over the coming years.

The Athletic Training Program offered at Jefferson College of Rehabilitation Sciences is prime examples of health sciences degree that can be achieved in a realistic time frame for those looking to enter the workforce at an accelerated rate. Graduates of the two-year master's program will become Certified Athletic Trainers (ATC) with a program designed to prepare students for the National Athletic Trainers Association Board of Certification examination. By becoming a member of this association, you will belong to a large network of trainers and professionals and get up to date information on advancements in the industry. If students want to get a Master's degree even faster, they can enroll in the five year intensive BS/MS combined program that will allow them to find work in the burgeoning field of certified athletic training.

These certified athletic trainers who enter the workforce will be able to work with physically active individuals in order to help them understand their own bodies in order to prevent injuries and push themselves to the limit in ways that will increase the outcome of their athletic performance. Graduates work closely with the healthcare team to prevent, assess and rehabilitate injuries as well as provide emergency treatment and training recommendations.

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Become a master coder with these *web engineering* online degrees

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PAT KING
patrick.king@metro.us

ISTOCK

One of the most sought-after jobs today is working in web engineering, better known as coding. Mastery of this digital skill can almost guarantee a job with a desirable salary.

But besides the projected growth and pay, coding is perfect for those who would like to work remotely. You can learn coding remotely as well.

But first, let's talk about what coders get paid and how in demand they are.

The Bureau of Labor Statistics found that 90% of web developers make an average annual salary of $122,320, with the industry adding around 15% more jobs between the years of 2014 and 2024.

University of Maryland University College

With programs like introduction to interactive design, fundamentals of digital media and many advanced courses available — the online digital media and web technology bachelor's degree through University of Maryland University College (UMUC) has everything you will need to kickstart your career in web engineering.

Plus, with a staff of well-connected professors in government and private industry, you will gain a sense of how each of these worlds operate all while learning in the comfort of your own home.

For more information on this program visit umuc.edu/academic-programs.

DeVry University

DeVry University offers a flexible online associate's degree in web development that will help you to understand the ins and outs of overall website creation and maintenance. This program focuses on learning popular industry standard software and will help you to prepare to ace the Adobe-certified associate exam that will open up many doors for you in this burgeoning industry.

For more information on this program visit get-started.devry.edu/.

Baker College

One of the first school's in the country to offer its full curriculum online, Baker College has been a leader in understanding people's desire to learn on their own schedule.

The college offers a bachelor of science degree in computer sciences with concentrations in computer information system, database technology and mobile application software.

To take your skills in web engineering and coding into a completely different realm, you could apply to the school's game software development program.

This completely online bachelor of science degree will teach you how to create computer and video game animation all while sitting feet away from your own video gaming device. Well, isn't that convenient?

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How becoming a paralegal can kickstart your legal career

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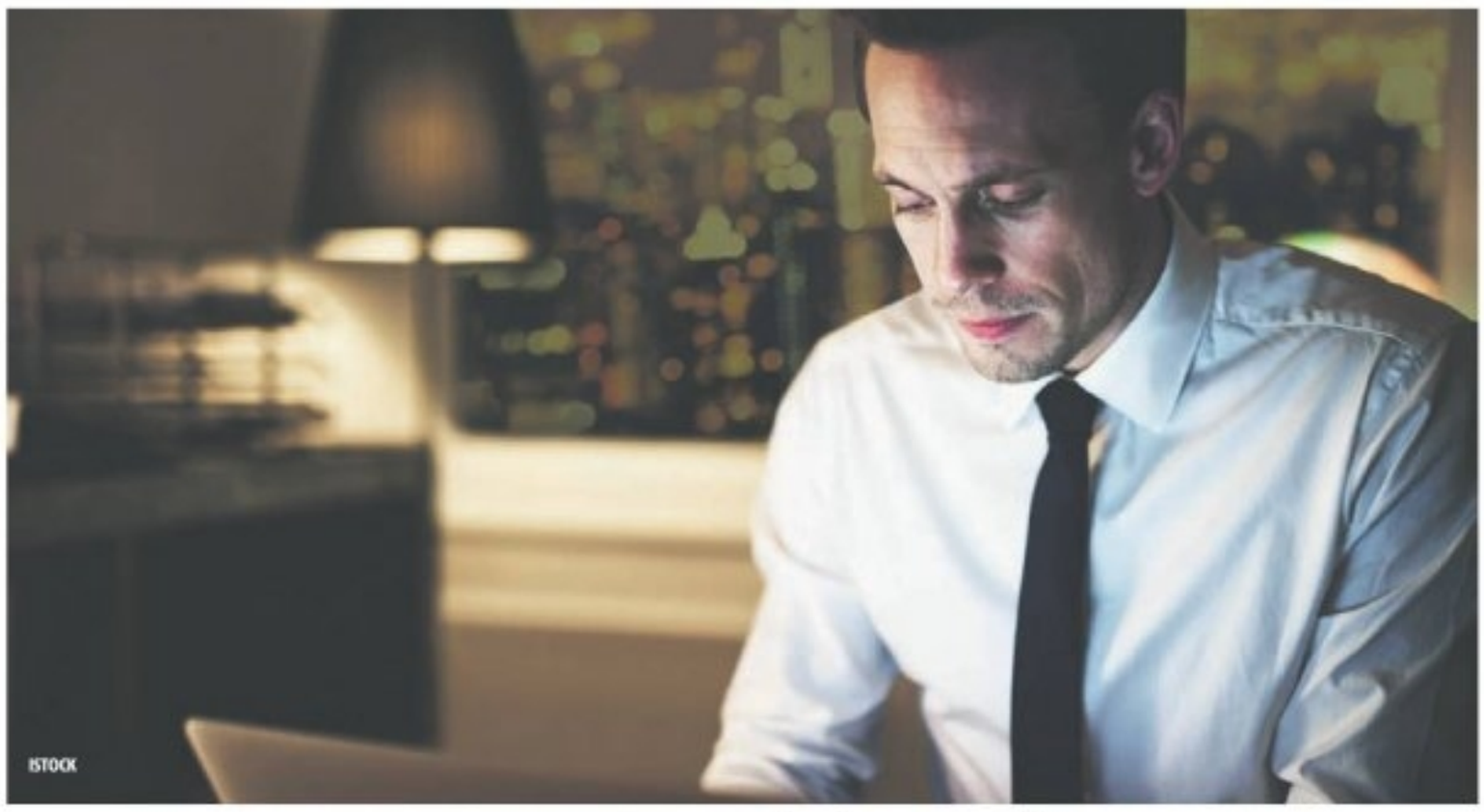

ISTOCK

Not everyone knows exactly what they want to be at an early age.

It may even take you three years of college to finally figure out what you want your degree to represent. Even after graduating, it may take years of working different jobs to confirm or dissuade you away from a career path.

Do you find yourself in the position where you would like to enter a career in law but are feeling like too much time has passed to earn your law degree?

Becoming a paralegal might be a great way for you to kickstart your law career as you figure out your next steps.

What level of education do you need?

Becoming a lawyer is a seriously long road. To attend a three-year law school program, you must first earn a four-year degree to be considered. After law school, you must then pass the bar exam. This can be a long and expensive journey, and that's why many people choose to work as a paralegal while pursuing their law degree. But what level of education do you need to become a paralegal?

To be a paralegal, you will only need to have an associates degree to be considered for the job. Some firms will require you to take an "on-the-job-certification" so they will know that you are prepared for the long hours and workload.

You can earn such certificates like the Paralegal Studies Proficiency Certificate from the Community College of Philadelphia, the Paralegal Certificate Program from Pace University and even with an online program through Boston University.

How much will you make?

Although a paralegal does not make as much as, say, a trial lawyer — they still make a more than admirable salary. According to U.S. News, they reported that the average paralegal makes $49,500 a year which is above the national average salary. This is averaging each state together, however, with the top states having much higher salaries. For example, New York paralegals make an average salary of $59,300 and those who work in Washington, D.C., make the most on a national level with $76,620 a year.

By becoming a paralegal, you will be able to work alongside lawyers on cases and get a crash course into how the legal system really works. Think of it as being a part of the supporting cast while the lawyer is running the show. So if you want to work in the excitement of a real life courtroom drama, perhaps working as a paralegal might be the right next move for your career.

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the GRUMBLE

Pat King
Grumble Editor

It is time to announce the Grumble of the week and the winner of a **$25 gift card from Amazon**. Our winner is Marisol Serrano of Philly, who brought our attention to some vacant and unsafe buildings in North Philadelphia that were causing a danger to her mother's community. Congrats, Marisol! Now, on with this week's reader submissions...

Huh? ISTOCK

READER WRITE-INS:

PEDESTRIANS RULE! REMEMBER THAT!

My grumble is cars that 1. Do not yield to pedestrians crossing the street. They inch their way into the crosswalk and make people who are crossing either stop in the middle of the street or end up waiting for the next light since there is no regard for the foot traffic. Are you so important and in too much of a rush to let people cross the street safely? 2. Cars that block crosswalks when they are stopped at red lights. I am talking about the people that have no concern for the safety of pedestrians and pull up into the marked crosswalk forcing people to walk around them and into unsafe areas of the street. Grumble readers: PEDESTRIANS RULE! Remember that!!!
- Brenna McGee,
Metro Philly reader

USE YOUR TURN SIGNALS!
Why are people afraid of turn signals? All it takes is a simple push of your finger up or down in the comfort of your car to let other drivers know when you plan on making a turn. And the point is to use it before your turn and not well into your turn. A little heads up, people???? And a sheepish smile or a little wave is not gonna make it better when I almost slam into you. Sheesh.
- Mario Oropeza,
Metro US reader

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The winning caption from Anonymous, *Metro US reader*

MONDAY'S PHOTO:

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Aries Use your intelligence to overcome any emotional or physical challenge you face. Don't mess with authority figures or anyone who can uproot you from your current position or status.

Taurus Delve into something that will make you more familiar with requests being made of you. Personal improvements will encourage greater confidence to do your own thing.

Gemini Keep moving until you reach your destination. Whether learning, traveling or heading in a new direction, it's best to control change instead of letting it control you.

Cancer Don't let a change of plans irk you. Follow through with what you originally started out to do, and you will reach your goals and make substantial gains along the way.

Leo Find solutions by turning a negative into a positive with an upbeat attitude. Explore what's available and consider ways to pitch in and help. Participation will encourage new opportunities.

Virgo Do something that makes you feel good about you. Pampering, shopping for something special or planning an outing with a loved one will lift your spirits and improve your outlook.

Libra Make decisions and follow through. Procrastinating will not go over well with those waiting for you to make up your mind. Ask questions, gather facts and take action.

Scorpio Say little and do a lot. Focus on meetings and getting your point across by showing others clearly how you'd like to handle a pending situation. Simply talking will not accomplish much.

Sagittarius Look for the right deal. Be sure to select an opportunity that ensures security, instead of letting a smooth talker convince you to get swept up in a risky venture that leaves you in a precarious position.

Capricorn Share your thoughts and feelings, and draw up agreements or make a commitment regarding a joint venture you've been considering. Personal improvements will enhance your life.

Aquarius Take note of what everyone around you is doing. If someone is acting unusual or showing signs of inconsistency, question your connection and consider the best way to handle such matters.

Pisces Lend a helping hand. What you do for others will be appreciated and repaid in ways that will surprise you. An unexpected change will turn out to be a blessing in disguise. EUGENIA LAST

How Tom Cruise's broken ankle affected 'Mission: Impossible – Fallout'

Simon Pegg talks about his co-star's injury and how director Christopher McQuarrie turned 33 pages into a full action flick.

GREGORY WAKEMAN
Gregory.Wakeman@metro.us

Tom Cruise goes all out for his stunts. ALL PHOTOS PARAMOUNT PICTURES

While it is Ethan Hunt's job to repeatedly complete the most impossible of missions on-screen, the crew behind the "Mission: Impossible" franchise clearly take the title a little too seriously as well.

That's because Simon Pegg, who reprises his role as Benji Dunn for a fourth time in "Mission: Impossible — Fallout," has revealed that when production on the film began writer and director Christopher McQuarrie's script was only 33 pages long, and he had no idea how some scenes would end. But rather than that causing chaos, as it would if any other director was directing any other movie, Pegg insists that it just brought the best out of McQuarrie.

"The way the film was written and constructed was very organic in terms of it grew as we went," Pegg tells Metro. "Chris had a kind of rough idea of where we were going. But the script when we started principal photography was 33 pages long.

"We trusted that Chris would come up with the goods as we went," he adds. "He works very well in that situation, he thrives under pressure, he is great at figuring stuff out. He relishes the opportunity to do that."

Despite these conditions, Pegg insists that there was never any suggestion or feeling that "Fallout" or shoot was in "a crisis."

"Even though the film was being created as we went, the confidence from the studio in that process – which kind of happened on 'Rogue Nation' really, even though we had a script, but it was kind of re-written as we went," Pegg says. "There was never a moment when it felt as though things were out of control, or that we were in trouble."

"There was supreme confidence in the process throughout. There was never a moment when we felt as though it wasn't going to work," he adds. "We had complete faith that those script pages would materialize. And they did. In a way it just seems

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Simon Pegg is back as Benji for the latest "Mission: Impossible" sequel.

to serve Tom and Chris' process."

But while Pegg clearly had every confidence that McQuarrie would be able to complete the film under these conditions, he admits that Tom Cruise breaking his ankle during production, which delayed filming for seven weeks, "actually helped."

"It allowed us to take stock of where we were, have a look at where we were going and plan a little more," Pegg explains. "I said to Chris, the best metaphor for the writing of this film is in 'Wallace & Gromit,' when Gromit is riding the train and putting the track down in front of the train as he is going. I sent him that GIF the other day and said, 'This is you writing 'Mission: Impossible – Fallout.' It is true."

"Things were always changing, nothing was set in stone in terms of where we were going, how things were going to turn out," he adds. "I'd often sit down and say to McQuarrie, 'So, what happens to next?' And he'd say, 'I don't know!' But it works."

"Mission: Impossible – Fallout" opens July 27.

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Adrienne C. Moore talks 'Orange is the New Black' and the rise of 'dramedy'

The actress opens up about the popular Netflix series' new season and complicated awards season categories.

ANDREW HUSBAND
letters@metro.us

What's in store for "Black Cindy" this season?
JOJO WHILDEN / NETFLIX

In the latest season of Netflix's popular series "Orange Is the New Black," Cindy "Black Cindy" Hayes (Adrienne C. Moore) has a problem. She and her fellow former Litchfield Penitentiary inmates are now on the other side of last season's devastating prison riot, and the authorities are looking for someone to blame.

Sure, Cindy had a hand (and several lattes) in orchestrating and prolonged the riot, but the district attorney's office is also trying to figure out who did something even more heinous. Something, as it turns out, that Cindy secretly witnessed.

"We're introduced to her as this sort of laissez-faire, humorous girl who takes life by the seat of its pants. She doesn't really take things seriously," says Moore. "But as we peel the layers back each season, we see the depth of her, the hurt and the conflict. We see, even in this season, how Cindy running her mouth can sometimes get her into trouble."

Much of this is due to her performance, of course. Yet Moore, who originally got her start in the theater, credits "Orange is the New Black" creator and showrunner Jenji Kohan's with Cindy and the other characters' depths. "She allows the humor and comedy to come together, to disarm you and let you sit back in the story," Moore explains. "When we deliver these very profound, dramatic and gut-wrenching moments, or talk about topics we see on the news everyday, Jenji's masterful writing helps us deliver. The comedy allows for the dramedy, or the drama, to be seamless."

That Moore drops the

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The OITNB crew returns for season 6 this weekend.
JOJO WHILDEN / NETFLIX

word "dramedy" into the conversation is telling, considering the reception of the show and others like it in the wider television community. Kohan grappled previously with the genre conflation in Showtime's "Weeds," and popular, critically-acclaimed contemporary series like Donald Glover's "Atlanta" are doing the same.

"I love working in that blend, because I think that's what life is," says Moore. "If you look at when people talk about theater and art and acting, you see the sad and the happy faces. I don't think life is like that. Life is a compilation of both. 'Orange' will probably be long gone by the time they make a category for it in the awards show, but I firmly think it's time, now with all of the things that are coming out and how storytelling has changed in the past few years. It's continuing to change."

Shh. No spoilers.
CARA HOWE / NETFLIX

One of the more recent examples of this change occurred shortly after the film "The Martian" was nominated for, and won, a Golden Globe for Best Picture in the comedy category. The Hollywood Foreign Press Association changed the category rules shortly thereafter, but the damage to the increasingly fraught genre distinction was already done. And as great as television shows like "Weeds," "Atlanta" and "Orange is the New Black" are, their categorization continues to confuse many in the industry.

"At the Screen Actors Guild Awards, we're in the comedy category, but at the Emmys we're in the drama category," says Moore. "Look, I'm biased but I think 'Orange' is one of the best shows out there. Then again, 'Game of Thrones' is a very dramatic show, so it's kind of hard to compete with the drama of a show like that when they're cutting off people's heads and stuff. We're not cutting off heads."

"Orange is the New Black" season 6 premieres Friday, July 27, on Netflix.

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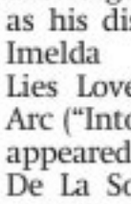
Angelique Kidjo is an Afro-pop goddess

The Grammy Award-winning singer opens up about her new album, working with David Byrne and more.



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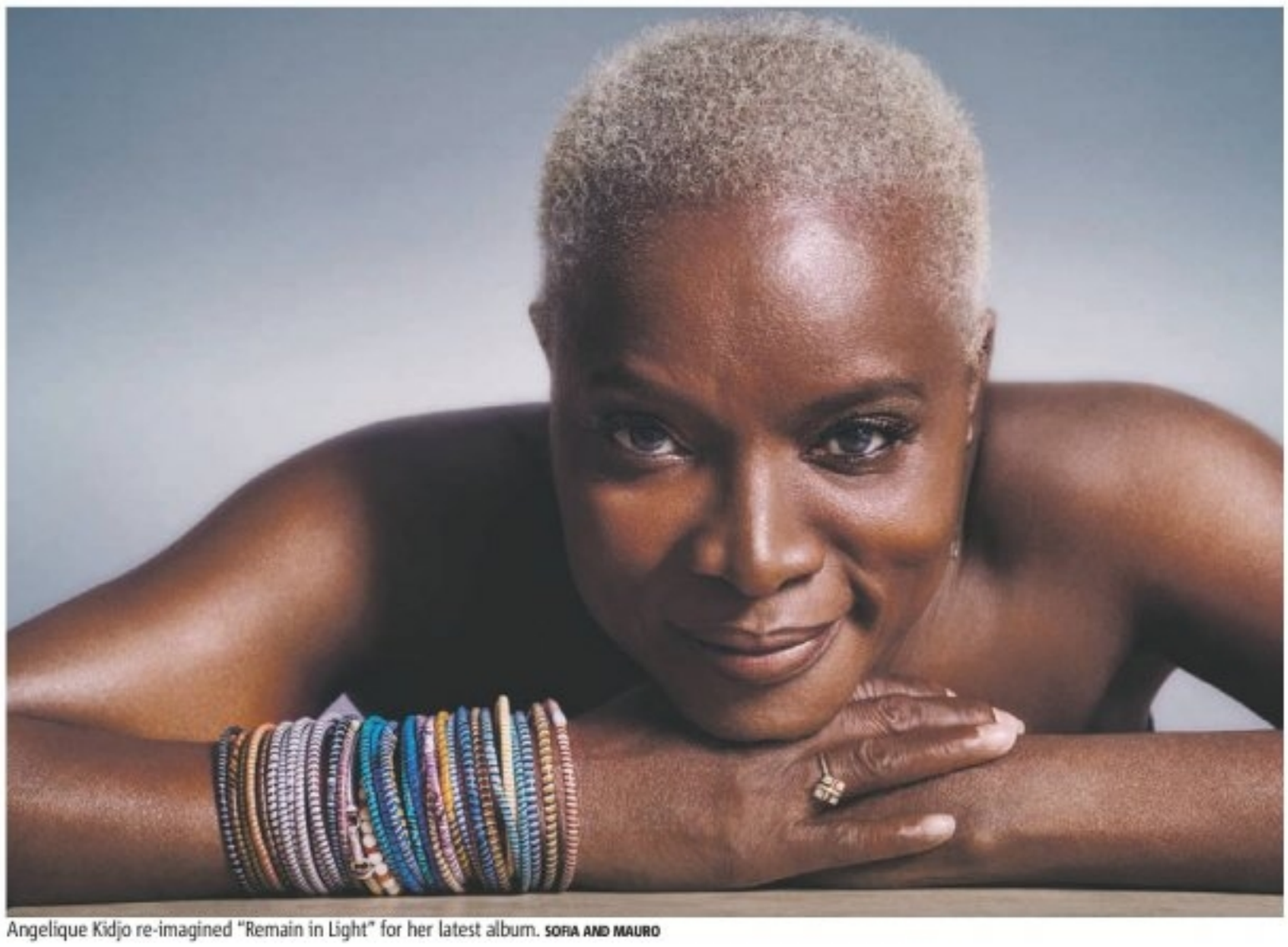

Angelique Kidjo re-imagined "Remain in Light" for her latest album. SORIA AND MAURO

Before David Byrne headlines WXPN's 25th annual XPoNential Music Festival at Camden's BB&T Pavilion this weekend (July 27-29), know this: Byrne is elusive.

At a time when social media demands constant contact with the public and product placement as a crucial aspect of that interpersonal arrangement, Byrne — Talking Heads co-founder and a godfather of squawking angular punk, then funk, then Afro-Brazilian music and so on — the solo artist has been away.

Not away away. He made a film about color guard formations ("Contemporary Color"), wrote and staged musicals such as his disco opera about Imelda Marcos ("Here Lies Love") and Joan of Arc ("Into the Fire"). He's appeared on records by De La Soul and St. Vincent. But, Byrne hasn't released a solo album for 14 years, and wouldn't speak to me on the occasion of his XPoNential gig.

Fourteen years is a long time between drinks. Luckily, Byrne released "American Utopia," in 2018, a magically crisp and beautiful record, produced and written with Brian Eno, Talking Heads' principle collaborator on their earth-shattering, African-inspired, "Remain in Light" album of 1980. And "American Utopia" features their patented brand of twitchy funk guitars, snake-rattling rhythms, squawky vocals, Afro-Cuban grooves, uneasily identifiable ambience, and stories of chickens, dogs, gasoline, gods, dirty sheets, laughter and dancing.

So nothing has changed and everything has changed.

"I think we see a lot of things masquerading as their reverse: shopping marketed as freedom, meaningless mountains of data offered to us as knowledge," Byrne told me in 2002. "And we see identical movies and products being offered to us as a choice. Most of all, we see conformity being marketed as individuality. My attacks are humorous in that they swipe at sacred cows such as Charity and Hope. My attacks are also serious, but over the top and twisted as well. So even I don't know when to take them seriously. But I do believe there is something there, that under the humor there is serious criticism."

Fortunately, the person who will speak for Byrne in the present is Angelique Kidjo, the world-renowned goddess of Afro pop whose newest album, "Remain in Light," is an epic, euphoric, sultrier and doubly funky version of the Byrne-Eno-Talking Heads classic of the same name. Not only is her version of "Remain in Light" one of this year's critically-acclaimed best albums, Kidjo will play music exclusively from that new record at NYC's Summerstage at Central Park on Sept. 27.

Before creating her reimagined "Remain in Light," Kidjo thought highly of Byrne. "He was the first artist who came to see my U.S. concert at S.O.B.'s in 1992, so I followed his work through the years. With Peter Gabriel and Paul Simon, he is one of the mainstream artists who put African music on the forefront in the '80s and '90s." When Talking Heads recorded their "Naked" album in 1987 in Paris — a time when Kidjo was living there — the African music scene there was as prominent as Byrne's music. "Talking Heads music was part of my life. My front-of-house engineer would play their song 'Blind' for many years to tune the PA before every concert," she said.

Kidjo's decision to remake and remodel "Remain in Light" was based on her wish to bring Byrne's idea of African music "back to Africa, to show the power and transcendence of our culture," she said. "Much of the music we're listening today has its roots in Africa. We need this strength and power today in the world we're living.

Angelique Kidjo. MARC ARTHUR KIDJO

There is no doubt about it. Africa, as a continent, has suffered more than any other but never lost its resilience and energy. Everything is in the title in a way. reinventing this album was my way of "remaining in light" and not being brought down by discouragement and despair."

When Kerry James Marshall — the painter behind the artwork of Kidjo's "Remain in Light" —heard her album, he noticed that her version was about affirmation and positivity, while Byrne's lyrics were focused on doubt and anguish. Considering the time (1980) of its initial release — the introduction of the era of Reaganomics, AIDS and of people's rights being cast aside — what connection did the wise Kidjo see between the past and political climate in capturing "Remain in Light" now?

"As we were working on the album, new meanings were appearing in the cryptic lyrics. With the help of Beninese proverbs included in the songs, Byrne's original lyrics turned into a kind of prophecy describing our crazy world. Songs such as 'Born Under Punches' became the perfect commentary on the immense corruption eating our societies now."

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A Figmago of your imagination

Philadelphia muralist Meg Saligman and local dance-movement artist Brian Sanders team up for a funhouse extravaganza. A.D. AMOROSI

Figmago puts an artsy spin on the funhouse experience. ALL PHOTOS MARY CHAWAGA

When Meg Saligman and Brian Sanders speak of each other, they chat in hushed, respectful tones.

"I have been a groupie fan of Brian's for 20 years," says Saligman, the famed local mural artist of the dance-movement maven and his aerial troupe, Junk. " I love his professional work as he approaches performance like a painter."

Of Saligman, Sanders claims: "She arranges, composes shapes and figures in space and moves the eye around her venue, drawing us in. We share a lot of the same aesthetics. Bold but not smashing us over the head. Dynamic and intense yet savory and emotional. I feel like I am describing food."

In their collaborative work, Figmago — a just-opened, interactive, live funhouse art-walk inside of Saligman's Bainbridge Street art studio — the pair is loud and proud. The concept may have originated as a garish guided tour through the introspective mind of the creative process (theirs alone?), but in reality, Figmago is an avant-garde carnival attraction merging painting, sculpture, acting, dance and music, with stuff coming at you from every direction every moment you're within its walls. As much as it's an art installation and lively entertainment attraction, Figmago is equal parts a spinning, aerialist-heavy Pink concert, film director Orson Welles' "The Lady from Shanghai," a Basquiat painting and the Universal Studio Tour in Hollywood.

Added to all this is the fact that choreographer Sanders is also responsible for composing and playing the original music, and Figmago is a highly personal walk of amazement from tow of Philly's cleverest and most original artists.

"There is an element of the Universal tour to what we do," says Saligman. "But, we're not going for something scary. We're looking to delight and inspire in an unexpected way. We do enjoy lulling the audience into believing that their trek is just in a regular old studio, then, pow, there is that amusement park experience."

That's because when you first walk into Figmago — and there are several levels of experience you can have at slightly different price points — it's a normal old painter's studio (Saligman's) with the usual stains and flotsam of artistic experience. The audience is invited to draw their own fantasies while seated in Saligman's studio. Then suddenly, actors and Sanders' Junk dancers and movement artists pounce into the scene and onto the tables. They appear to float, weave into the hanging artworks, spin and pop out from gauzy cocoon-like orbs, as if butterflies in space.

"The performers question you," says Saligman. "They want exchange, your eye and ultimately, your transformation."

If you go

Figmago Alive,
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Figmago,
Wed.-Sun., $24 for adults, $16 ages 12 and younger, 825 Bainbridge St., Figmago.com

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Everything you need to know for the East Passyunk Car Show

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ELIE LEVINE
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Rev up your engines, Philly. KORY AVERSA

Rev up your engines for the 13th Annual East Passyunk Car Show and Street Festival. While 175-plus cars are the main attraction of the fest, there's plenty more to see and do around East Passyunk Avenue.

"Before you head to the shore for the summer, save July 29 on your calendars for this must-do event," East Passyunk Avenue Business Improvement District Executive Director Pam Zenzola said in a release. "Families from around the tristate area flock to the East Passyunk to cruise the cars, enjoy live music on every block and taste authentic South Philly cooking. We are thrilled to bring back South Philly's largest annual summer tradition!"

What to expect

More than 175 high-performance and classic automobiles and motorcycles will be on view. Cars will be awarded trophies in dozens of categories, like Best Paint, Best '50s Custom, Best Street Rod, and Best Low Rider. You and your family can take a selfie with one of the stilt walkers on the festival grounds, wearing retro clothes. For $5, you can enter a raffle for a $2,600 scooter from Philadelphia Scooters.

If that's not enough to draw you in, Casey Parker, the Philly entrepreneur who owns all of the Pistola's restaurants in the city, will perform with his band. More outdoor live music and activities and crafts at the Bang! Boom! CRAFT! Show will keep the whole family entertained.

If you go:

July 29, 11 a.m.-4 p.m., East Passyunk Avenue between Broad and Dickinson Streets, free for attendees, $20 for cars, visiteastpassyunk.com

Where to eat

Fuel up for your car show experience with $5 street food specials and drinks at 20 restaurants. Here are two spots to try.

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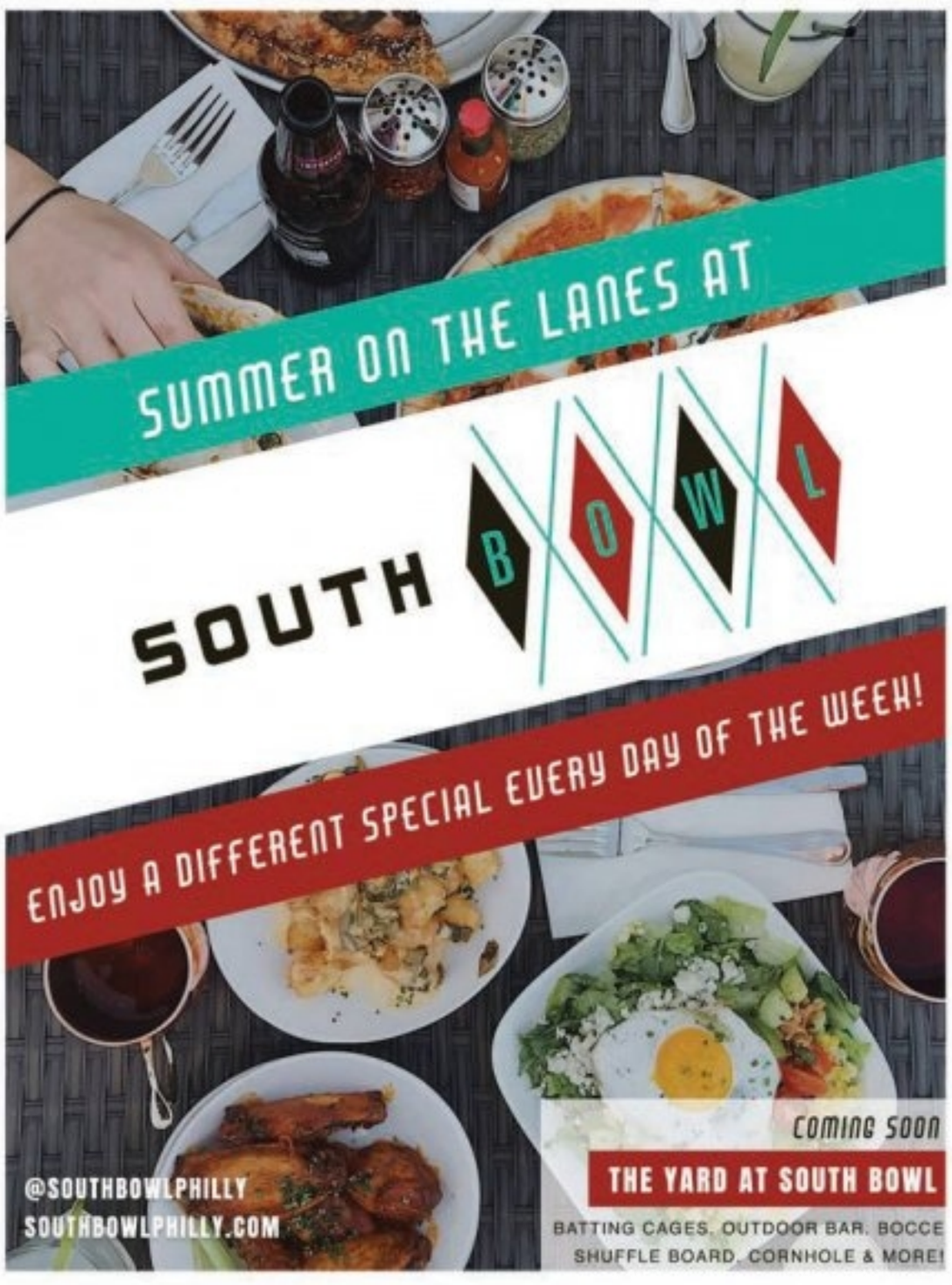
1840 East Passyunk Ave., juniorsbeefandpork.com

Mamma Maria
If you're in the mood for classic Italian fare, try a $5 penne primavera dish in a light blush sauce.
1637 East Passyunk Ave., mammamaria.info



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MUSIC

The Smashing Pumpkins

Is a reunion of 90s alterna-punk's saddest band really a reunion without D'arcy Wretzky, the Pumpkins' bassist during its golden years of the Mellon Collie era (1988–1999)?
July 28, 7 p.m., Wells Fargo, 3601 S Broad Street, $33+, WellsFargoCenterPhilly.com

COMEDY

Bonnie McFarlane

Stand-up and writer Bonnie McFarlane has been has been around the comedy block – the talk show circuit of Leno, Letterman and Kilborn, guest star shots on "The Jim Gaffigan Show." She's best known, however, for hosting the weekly podcast, "My Wife Hates Me" with husband/comedian, Rich Vos. **July 26-28, 7:30, 8 and 10 p.m., Helium Comedy Club, 2031 Sansom St., $17+, philadelphia.heliumcomedy.com**

ARTS & CULTURE

Summer Magick at the Philadelphia Museum of Art.

This fascinating multi-tiered event which ties together the mystical and the feminine features My Brightest Diamond making glorious electronic chamber pop, textile craft creation with June Groff, yoga instruction, Tibetan singing bowl magic and storytelling from South Philly's Palo Santo Wellness Boutique, and more. **July 27, 5 p.m. Philadelphia Museum of Art, 2600 Benjamin Franklin Parkway, $18, philamuseum.org**

COMEDY

Jessimae Peluso

From the MTV's "Girl Code" and the pages of "High Times" magazine to your neighborhood comedy club, here's Jessimae.
July 26-28, 7:30 p.m. 8 p.m., 9:45 p.m., 10 p.m., Punchline Line Philly, 33 E Laurel St., $20+, punchlinephilly.com

FOOD

Irwin's at the Bok Building

The South Philly high school-turned-destination point for its skyline sightseeing vistas and its cocktail bar program just got a Middle Eastern flavored restaurant – Irwin's – on its eight floor, courtesy one-time Fitler Dining Room chef Paul Garberson.
July 26-July 29, 5 p.m., Irwin's at the Bok, 1901 S 9th St, Pay as you go, irwinsupstairs.com

FILM

Superhero Movie Night – "Wonder Woman"

DC Comic fans unite: just in time for TMZ to run after Gal Gadot while she's filming "Wonder Woman 1984," The Piazza at Schmidt's Commons screen the original billion dollar franchise maker. **July 26, 7 p.m., The Piazza at Schmidt's Commons, 1001 N 2nd St., free, theschmidtscommons.com**

MUSIC

Kim Gordon's BODY/HEAD

Gordon, the co-creating bassist/vocalist of the late, great indie noise-rock giants Sonic Youth, has a new electric duo with Bill Nace that's nearly as fierce as the Youth. Body/Head brings the noise, the minimalism and the poetry to a new album, "The Switch," and Philly's Mausoleum of Contemporary Arts. philamoca.org
July 26, 8 p.m., PhilaMOCA: Philadelphia Mausoleum of Contemporary Art, 531 N 12th St., philamoca.org

Carol Riddick with Gerald Veasley: "I Got Life: The Music of Nina Simone"

One of Philly's most imaginative jazz vocalists and the city's ace of bass join forces to pay tribute to the dark mistress of expressionist, eclectic soul.
July 26-28, 7 and 9:30 p.m., South Jazz Kitchen, 600 N Broad St., $20+, southjazzkitchen.com

SHOPPING

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Phillies linked to OF Jones

The Phillies could use an upgrade in the outfield.

JOVAN ALFORD
jovan.alford@metro.us

Baltimore's Adam Jones is available at the right price. GETTY IMAGES

It is expected that the Philadelphia Phillies will be busy up until next Tuesday's trade deadline, making phone calls and trying to upgrade certain positions.

One position of need for the Phillies is an extra outfielder. As currently constructed, the Phillies have two good young outfielders in Rhys Hoskins and Odubel Herrera.

This season, Hoskins and Herrera have been helping out the Phillies big time, providing offense at the top of the lineup. While those two guys are patrolling left and center field successfully, right field has been an issue for them.

Starting right fielder Nick Williams is wildly inconsistent, slashing .250/.329/.438 with 12 home runs and 36 RBI. Then there's Aaron Altherr, who was the team's fourth outfielder before he got demoted to Triple-A Lehigh Valley for poor play.

With that being known, the Phillies are reportedly showing interest in a veteran outfielder from the A.L. East.

According to Jon Heyman of Fancred Sports, the Phillies are considering the idea of trading for Baltimore Orioles center fielder Adam Jones. Thus far, the Phillies have struck out on acquiring shortstop Manny Machado and pitcher Zach Britton, but getting Jones would be a nice consolation price.

The veteran outfielder is having another consistent season for the lowly Baltimore Orioles. Jones is slashing .277/.304/.422 with 10 home runs and 38 RBIs.

He would be a solid upgrade over Williams plus give the Phillies another offensive weapon in their lineup.

Over the last 5-7 seasons, Jones has been one of Baltimore's best players.

In 2013, Jones hit a career-high 33 home runs and drove in 108 RBIs. During that same season, he was in the discussion for AL MVP and received both the Silver Slugger and Gold Glove awards.

Even though all these numbers and accolades sound good, there are a couple of looming issues when it comes to trading for Jones.

For starters, he has 10-and-5 rights, which means players who have racked up 10 years of Major League service and spent five straight seasons with the same team can veto any proposed trade scenario.

If this language sounds familiar, it is essentially a no-trade clause for players who do not have it in their contract.

Therefore, would Jones accept a trade to the Phillies? Without a question he would because Jones wants to play for a contending team.

But here is the next looming issue, can Jones play right field?

Aforementioned, offensively he would be an upgrade over what the Phillies have in right field, but it might not work defensively. Over his 13-year career, Jones has only played a combined 32 games in left and right field.

According to FanGraphs, Jones' defensive runs saved along with his UZR (ultimate zone rating)/150 have increased over the last few seasons. This season, the veteran outfielder has a minus -15 defensive runs saved and minus -16.3 UZR/150.

If you wondered how UZR/150 is calculated, they take range, arm strength, errors, and double plays to figure out a player's defensive worth in runs.

These are just his numbers as a center fielder, so who knows how they would translate to the corner outfield spot.

Earlier this week, Ken Rosenthal reported that the Phillies are also talking to the Blue Jays about outfielder Curtis Granderson. Out of the two, Granderson might be the better fit for the Phillies rather than Jones.

Granderson might not have the offensive numbers that Jones' boasts, but defensively he has shown that he can play all three outfield positions exceptionally well.

The Orioles know what the Phillies' farm system has to offer based on the Machado trade talks, so it will be interesting to see if this report has any legs to it or if it is just smoke and mirrors.

26

Adam Jones is just one season removed from a year in which he belted 26 home runs and drove in 73 runs. He has 10 home runs so far this season.

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Emmanuel Sanders should have a bounce-back year. GETTY IMAGES

FANTASY FOOTBALL ADVICE AHEAD OF DRAFT SEASON

OPINION

BILL DUBIEL

Bill Dubiel is a fantasy football expert at Rotoballer.com and Metro.us

With training camps getting underway, it's time to start getting ready to chase another championship. Don't forget to check out Rotoballer.com for all of the tools you need to get the edge on your league mates.

Collins is the Back to Own in Baltimore

While most eyes are on the quarterback situation in Baltimore, fantasy owners should keep an eye on the running back room as training camp progresses. Alex Collins flashed his play-making ability in 2017, posting 973 yards and six touchdowns via a stellar 4.6 YPC. He finished as a top-25 back despite not really seeing a full workload until the middle of the season, and he's poised to continue that breakout in 2018. All-Pro guard Marshal Yanda is back from injury, which should help open many more lanes than Collins was used to seeing last year. With Joe Flacco projected to hold off rookie Lamar Jackson for the starting QB job and uncertainty in the receiving corps, we can expect the Ravens to continue a run-heavy approach as they try to compete in the AFC North.

Sanders Ready to Return to WR2 Status

Emmanuel Sanders has been a fantasy mainstay for the better part of this decade, but it all came crashing down in 2017 as he struggled to contend with the nightmarish quarterback situation in Denver. The arrival of Case Keenum should alleviate most of those problems, as he represents a legitimate upgrade over the dreadful combination of Trevor Siemian, Brock Osweiler and Paxton Lynch. Prior to last year, Sanders rattled off three straight 1,000-yard seasons, pulling in at least 76 catches and five touchdowns in each.

At age 31 he may not be in his physical prime, but as a slot receiver he doesn't exactly need to outrun everyone. We can fully expect him to return to WR2 status in 2018, and he makes for a terrific value pick at his current ADP, which is hovering right around Round 8 or 9.

Landry No Longer a WR2

Jarvis Landry has been the poster child for PPR scoring since he entered the league in 2014. He's averaged 100 receptions across each of the last four seasons, although he's never had either the yardage or touchdowns that one would expect to come with all those catches. For example, in 2016 he had 94 catches for 1,136 yards, but he only found the end zone four times. Last year he led the league in receptions with 112 and added nine touchdowns, but somehow generated just 947 yards. The big concern now that he has left South Beach for Cleveland is that the volume his fantasy value is predicated on will disappear. There are simply too many options for the already-conservative Tyrod Taylor to look to for Landry to get anywhere near the volume he's used to.

Draft Sleepers of the Week

Anthony Miller, WR, Chicago Bears
The ultra-talented rookie is poised to take over the slot receiver position for the Bears, and could return flex value as soon as Week 1 with even more upside should Allen Robinson get hurt.

Tyrod Taylor, QB, Cleveland Browns
Taylor has more weapons around him now than at any other point in his career, and while Baker Mayfield is waiting in the wings Taylor's ball security should keep him a QB2 for most of the season.

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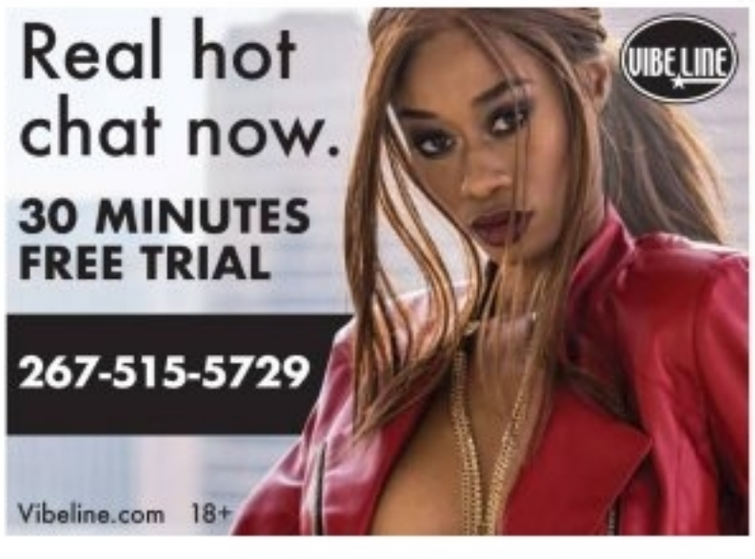

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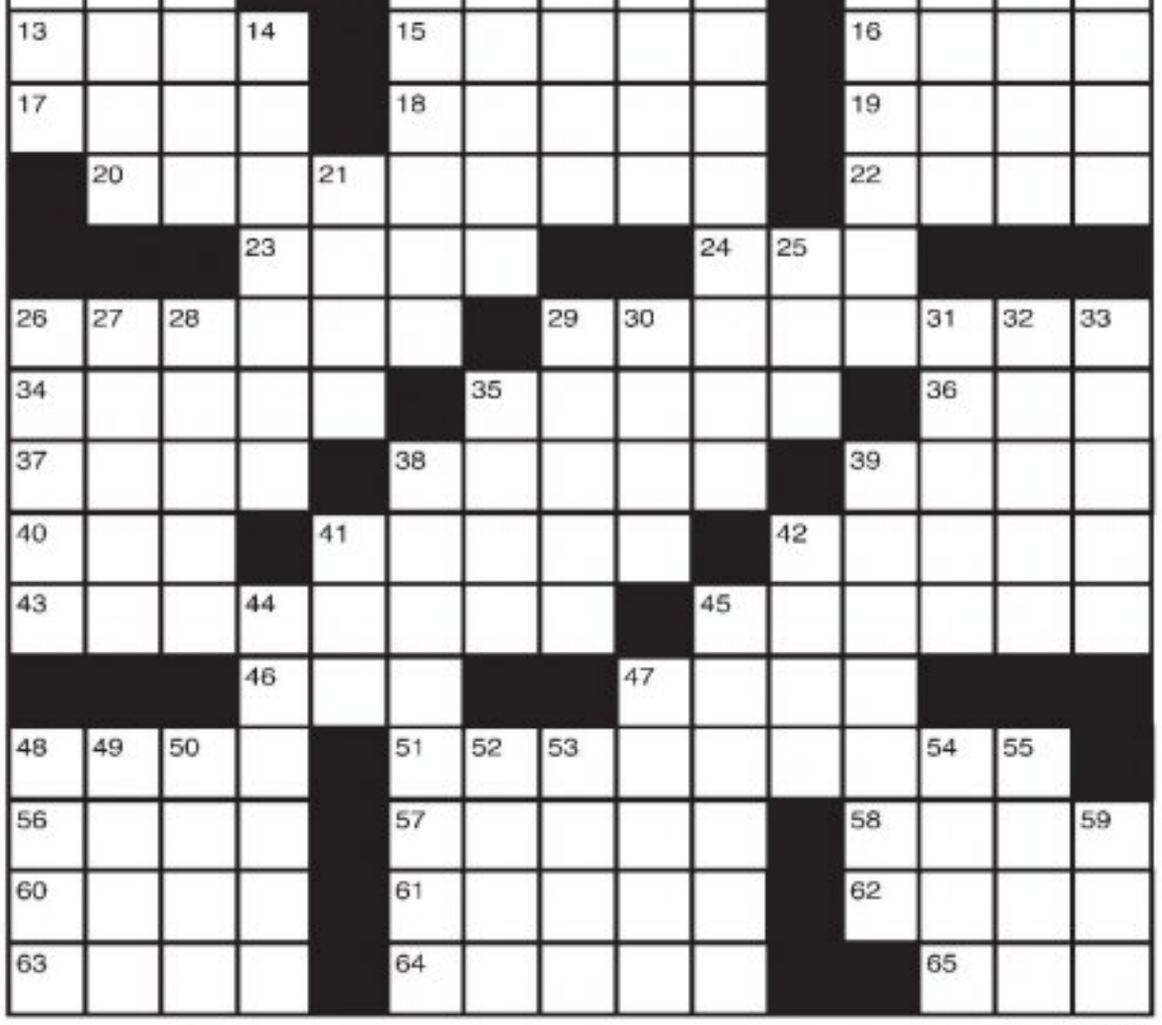

ACROSS
1 Snoop
4 Burn with liquid
9 Store away
13 Deadly reptiles
15 Comedian Kovacs
16 Sheltered bay
17 Store event
18 Sri __
19 Had regrets
20 Very sad
22 Crematory shelf supplies
23 Symptoms of Tourette's
24 Tiny fellow
26 Receive willingly
29 Authentic
34 Roles
35 Copenhagen natives
36 Is able to
37 Primates
38 Summoned with a beeper
39 Elevator
40 Ruby or scarlet
41 Freeway divisions
42 Narrow boat
43 __ fruits; mango, papaya, etc.
45 Craving for food
46 Fragrant neckwear
47 20th-century U.S. president
48 Crumbly cheese
51 Above reproach
56 Make money
57 Two cents' worth
58 Engrossed
60 Yew or yucca
61 Keep a fire going
62 Unsightly skin mark
63 Antlered animals
64 Ore seeker
65 Animal enclosure

DOWN
1 Educational TV network
2 Highway
3 Ivy League school
4 Choose
5 Uncouth
6 Jillian & Curry
7 Go for
8 Benumbed
9 Back of the neck
10 Sightseeing trip
11 Jenn-Air appliance
12 Marries
14 Groups of seven
21 __ up; shreds
25 __ Vegas
26 Separated
27 Playful antic
28 Prayer stating one's beliefs
29 Starbucks edible
30 Small bills
31 Petit four topping
32 Actor Willem
33 Go into
35 Actress Delany
38 War opponent's political stance
39 Late columnist Ann __
41 Commit perjury
42 Ringlet
44 LAX arrivals
45 More torrid
47 Unusual stroke of luck
48 Celebration
49 British noble
50 Long journey
52 Prefix for freeze or histamine
53 "Once __ a time..."
54 Fluid-filled pouches
55 Quarrel
59 Give it a go

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G	N	I	P	E	E	L	S	B	C
R	S	A	N	D	R	A	L	T	S
A	S	A	C	S	S	I	M	N	L
V	E	K	K	P	N	N	A	X	K
I	F	B	E	D	P	E	M	O	C
T	B	E	S	E	C	G	Z	S	O
Y	D	I	T	O	W	N	R	C	L
P	D	P	R	O	P	O	S	A	L
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				6	4	3	8	
	6	1	3			5		4
	3				1		6	
5	9	7				2		8
1								3
3		6				1	7	5
	1		5				3	
6		8			2	4	1	
	2	3	1	8				

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W	W	I	■	C	U	R	S	E	■	L	E	E	D	S
■	■	R	O	O	M	S	■	■	D	E	F	■	■	■
S	T	E	P	P	E	■	■	C	O	A	S	T	S	■
N	A	M	E	D	■	O	R	A	L	S	■	H	I	P
O	X	E	N	■	V	A	U	L	T	■	D	O	N	E
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